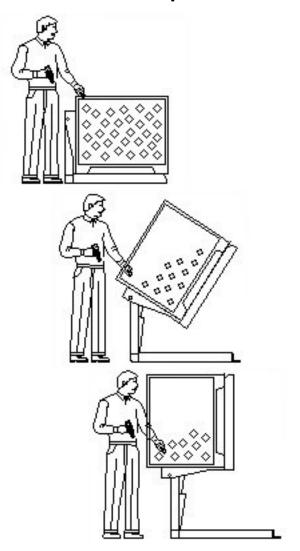
# **Ergonomics Principle**



# Raise and tilt the work to provide better access

## Reduces awkward posture - back bent





Source: Southworth Products

Placing products to be selected, picked, or sorted between waist and shoulder level, reduces or eliminates bending at the waist

Tilting bins, boxes or cages that contain items to be accessed, toward the user, further reduces the need for bending.

### Other benefits:

 A simple way to raise the work is to stack pallets underneath the bin you are accessing

#### **Useful Web sites:**

<u>http://www.thomasregister.com</u> (keywords: lift and tilt)